

JUNE 2026

We are a substance use recovery community built through programming on the lower Sunshine Coast, BC.

JUNCTION COMMUNITY CENTRE
SUNSHINE

All programs are free to attend!

MONDAY

5:00PM - 6:15PM Seeking Safety - Men's Group

CALL 604 885 8678 FOR LOCATION

Peer-led men's group for people with lived experience in both PTSD and Substance Use. The program is based on Safety as the priority and uses modalities such as Cognitive Behavioral Therapy and Grounding. A variety of topics relevant to recovery are focused on to build skills and resource participants. Light dinner served.

TUESDAY

5:00PM - 6:00PM ALL PATHWAYS

Gibsons Public Health
821 Gibsons Way, Gibsons

An open and welcoming support group for people seeking recovery. Discussion-based meeting with various recovery and wellness topics.



WEDNESDAY

5:00PM - 6:15PM Seeking Safety - Women's Group

CALL 604 885 8678 FOR LOCATION

A therapist-led group for women with lived experience in both PTSD and Substance Use. The treatment program is based on Safety as the priority and uses modalities such as Cognitive Behavioral Therapy and Grounding. A variety of topics relevant to recovery are focused on to build skills and resource participants. Light dinner served.

FOR MORE INFORMATION



604-885-8678



JunctionBC.ca/Sunshine-Coast



sunshinecoastjunction@vch.ca

or scan!



Join us Sunday June 7 for the Sunshine Coast Pride Festival!

Mission Point Park, Davis Bay
12:00PM - 5:00PM

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**A PLACE TO
SHARE,
BELONG AND
HEAL**

NEW!
Summer
walking group!

THURSDAY

2:30PM - 3:30PM SUMMER WALKING GROUP



Meet @ MHSU#1 next to the hospital.
5542 Sunshine Coast Hwy, Sechelt

A summertime peer-led walking group that combines conversation, connection and a little sunshine. Rainy day activities will include games and conversation.

**Please wear comfortable shoes.*

4:00PM - 5:00PM MINDFUL ART

MHSU#1 next to the hospital. 5542
Sunshine Coast Hwy, Sechelt

This peer-led group blends mindfulness and expressive arts, offering a variety of tactile and sensory-based activities that help people build resilience and connection

FRIDAY

10:00AM - 11:00AM GENTLE YOGA



Driftwood Apothecary,
#202, 5674 Teredo St, Sechelt

This 1-hour yoga class prioritizes gentle movement. No experience necessary! The movement focuses on embodying a sense of safety and boundaries using meditation, breath, and mindful movement. Mats and props provided.

**Please arrive 10 minutes before class starts. Wear or bring comfy clothing.*

Looking for 1:1 support?

Sometimes having a little extra support through your recovery can make a difference. Reach out to learn more!

Call 604 885 8678 or email
sunshinecoastjunction@vch.ca

Online All Pathways!

Mon - Thurs / Sat | 6PM - 7PM

Meeting ID: 244 730 7088

Passcode: 280265

Link:

vancouvercoastalhealth.zoom.us/j/244-7307088

